

Lentil Soup #2 10

Number of Servings: 10 (355.13 g per serving)

Amount	Measure	Ingredient
2 3/4	tsp	Oil, olive, extra virgin
1 1/4	cup	Onion, yellow, fresh, chpd
2/3	cup	Carrots, fresh, chpd
2/3	cup	Celery, fresh, diced
3/4	tsp	Garlic, cloves, fresh
1/4	tsp	Herb, oregano, leaf, dried
3/4	tsp	Herb, basil, leaf, dried
1 1/3	cup	Tomatoes, dices, unsalted, cnd
1 3/4	cup	Beans, lentils, mature, ckd
7 1/2	cup	Water, tap, municipal
5 1/4	tsp	Seasoning, original
1/4	tsp	Spice, pepper, black, ground
3/4	tsp	Salt, table, iodized
1 3/4	cup	Spinach, fresh, chpd
5 1/4	tsp	Vinegar, cider

Nutrients per serving

Nutrition Facts

Serving Size (355g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 24g **8%**

Dietary Fiber 9g **36%**

Sugars 4g

Protein 10g

Vitamin A 40% • **Vitamin C 15%**

Calcium 4% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Saute onion, celery, garlic and herbs in olive oil over low heat (can use canola oil). Add tomatoes, water, Mrs. Dash seasoning, salt and peper and bring to a boil. Add lentils and simmer about 30 minutes or until just tender. Add fresh or frozen spinach, bring to a boil for 5 minutes and add vinegar and serve.

1 serving = 1 cup or 8 oz

1 serving = 1 1/2 Carb Servings

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Notes

May use fresh diced tomatoes